



City of
Golden Valley

**Park &
Recreation
Department**

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Fall Activities 2009

Registration begins Thursday, August 20

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City
of

Golden Valley

Park & Recreation Department

Park & Recreation Office

200 Brookview Parkway, Golden Valley, Minnesota 55426

Phone: 763-512-2345

Fax: 763-512-2344

Activity Cancellation Line: 763-512-2350

Park & Recreation Office Hours

Monday-Friday, 8:00 a.m.-5:00 p.m.

Brookview Golf Course

Phone: 763-512-2300

Fax: 763-512-2311

Tee Times: 763-512-2330

Par 3 Course: 763-512-2333

Cancellation Line: 763-512-2300

Main City Offices

7800 Golden Valley Road, Golden Valley, Minnesota 55427

Phone: 763-593-8000

City Offices Closed

Monday, September 7 - Labor Day

Wednesday, November 11 - Veteran's Day

Thursday & Friday, November 26 & 27 - Thanksgiving

Thursday & Friday, December 24 & 25 - Christmas

Friday, January 1 - New Year's

Mission Statement

The mission of the Golden Valley Park and Recreation Department shall be to provide and maintain sufficient, attractive parks and scenic areas for the beauty and leisure time activities of the community, and to provide wholesome recreation for the entire family. Consistent with this mission, every opportunity shall be afforded, with financial limits, to plan, procure, develop and maintain parks and recreation resources.

**Registration
Begins
August 20**



Golden Valley has been designated a Governor's Fit City

The Governor's Fit City Program recognizes Minnesota cities that are committed to creating and maintaining a city environment supportive of active living. A Minnesota city making this commitment is providing opportunities for physical activity to people who live, work and play within the city.



This document is available in alternate formats upon a 72-hour request. Please call 763-593-8006 (TTY: 763-593-3968) to make a request. Examples of alternate formats may include large print, electronic, Braille, audiocassette, etc.



Youth Special Events

Monster Mash Teen Dance *Grades 5-7*

Are you ready to have a ghoulish time at this annual event? There will be music, contests, prizes and fun. Music provided by a DJ from KIDSDANCE/Total Entertainment. Wear a costume and receive a treat! Participate in the Costume Contest and you could win a Target Gift Certificate. Please note-inappropriate costumes and/or behavior at the event will not be allowed. Event is co-sponsored with Crystal and New Hope. Save money by registering in advance!

Site: Crystal Community Center

Date: Fri, Oct 23

Time: 7:00-9:30 p.m.

Fee: \$5 if paid by Oct 22,
\$8 at door

Code: 9909



Spooktacular *Ages 4-10*

Join the fun in celebrating this holiday with games, prizes, dancing and treats. Please note there are separate options, based on age. Costumes are optional - please don't bring any costume props which could get lost! All participants will be assigned a group when they arrive. If you wish to be in the same group with someone, please check in at the same time. Co-sponsored with Crystal, New Hope and Robbinsdale.

Site: Crystal Community Center

Date: Sat, Oct 24

Fee: \$6 if paid by Oct 23, \$10 at door

Ages 4-6 with Adult

Check-in: 9:40-9:55 a.m.

Time: 10:00-11:30 a.m.

Code: 9910

Ages 7-10

Check-in: 12:40-12:55 p.m.

Time: 1:00-2:30 p.m.

Code: 9911

Mailbox to the North Pole *November 31-December 18, 2009*

Santa Claus will have a special Direct-to-the-North Pole mailbox at Brookview Community Center, where boys and girls can drop off their letters. Santa's helpers will pick up the letters each evening and deliver them straight to the North Pole. Santa Claus requests that each letter include the full name and address of each sender so he can reply to each one.



Supper with Santa

Ages 2+ with an adult

Spend a special Friday evening having pizza dinner with holiday music. After dinner, enjoy a fun-filled holiday show, and of course, a visit from Santa Claus! All children must be accompanied by an adult. No fee for children under the age of 2.

Site: Brookview Community Center

Date: Fri, Dec 4

Time: 6:00-7:30 p.m.

Fee: \$10/Res, \$13/Non-Res, \$5/adult dinner

Code: 9912

Youth Activities

Preschool Playtime

Ages 1-5 with an adult

Come run, jump, crawl, and have a great time indoors at Brookview Community Center. Adult participation with your child at the different play areas is required. No instruction provided. Pay at the door.



Site: Brookview Community Center

Date: Fridays, beginning Oct 2

Time: 9:30-11:00 a.m.

Fee: \$3/child or 10-time punch pass, \$25/Res, \$28/Non-Res

About the Instructor...

Lisa London

Lisa has a BS degree with a double major in Music/Elementary Education, including pre-school and kindergarten. She has been teaching the Kids' Club since 1996.

Kids' Club *Ages 3-5*

Instructor, Lisa London, will provide creative activities for your child. With her background in early childhood education, this course promises to be a fun, positive experience. Activities include: games, stories, music, finger plays and arts and crafts.

Site: Brookview Community Center

Time: 9:30-11:00 a.m.

Fee: \$38/Res, \$41/Non-Res

Monday & Wednesday

Date: Sep 14-Oct 26 (No Sep 28)

Code: 9914

Date: Oct 28-Dec 14 (No Nov 11, 25)

Code: 9916

Tuesday & Thursday

Date: Sep 15-Oct 22

Code: 9915

Date: Oct 27-Dec 10 (No Nov 3, 26)

Code: 9917

Youth Activities continued...

Music, Mom/Dad & Me *Ages 2-3 with an adult*

With Instructor, Ellie Borkon, your child's favorite nursery rhymes come to life with circle games, expressive movement, appealing melodies and simple instruments designed for this age group. Parents come with their children to learn music resources for continued use at home. *Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

Site: Brookview Community Center

Fee: \$45/Res, \$50/Non-Res

Date: Wed, Oct 7-Nov 18

Code: 9918

Time: 9:30-10:15 a.m.

Science Explorers

Mixture Madness *Ages 3-5 with an adult*

Join Science Explorers as we pour, mix, measure and stir to learn about chemistry. We will create a polymer, primary and secondary colors and more. Class will include experiments, stories and an art project to take home. Be sure to dress for a mess! Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale. *Register by Sep 25.*

Site: Crystal Community Center (4800 Douglas Dr)

Date: Sat, Oct 3

Time: 9:30-11:00 a.m.

Fee: \$11/Res, \$17/Non-Res

Code: 9919



Under My Skin *Ages 3-5*

Join Science Explorers as we use our craniums to learn about our lungs. We will discover how our lungs are similar to a sponge, how our bodies protect them and why our lungs are an important part of the respiratory system. All this and more as we discover what really happens beneath our skin. Class will include experiments, stories and an art project to take home. Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale. *Register by Nov 3.*

Site: Crystal Community Center
(4800 Douglas Dr)

Time: 9:30-11:00 a.m.

Fee: \$13/Res, \$19/Non-Res

Date: Mon, Nov 9

Code: 9920



Happy Birthday Party *Ages 3 & up*

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer. She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 2-hours at Brookview for 12 children, including the birthday child (\$5/add'l child). Call 763-512-2345 for information.

Art Skool Classes



Ages 3-6

Learn all about drawing with shapes, painting with color, and collaging paper to experience fun art making. All materials provided. Instructed by Gin Weidenfeller.

Site: Brookview Community Center

Time: 11:45 a.m.-12:45 p.m.

Fee: \$28/Res, \$31/Non-Res

Making Art With Shapes

Fri, Sep 25 & Oct 2 - Code: 9921

Use shapes to create fun art projects, such as: folded paper castle, paint a shape face on a stone, draw line animal/creature shapes, print leaf/vegetable shape designs, and paint shapes on a flying paper airplane.

Dora, Scooby-Doo and Spiderman Adventures

Fri, Oct 23 & 30 - Code: 9922

Draw/paint Scooby Doo's adventure with zombies and Dora's adventure with the witch and snow princess. Draw Spiderman's adventures with Professor Spider. Also, make a friendly or scary Halloween mask.

Bear Stories & Art

Fri, Nov 13 & 20 - Code: 9923

We'll read/discuss stories from Karma Wilson's Bear Books. Draw, paint, print, and collage the adventures of Bear and his friends. Make a Bear Picture Book or a puppet or mask.

All Aboard Trains

Fri, Dec 4 & 11 - Code: 9924

Take an imaginary ride with Thomas the Train on his holiday delivery adventure, and ride the Polar Express to the North Pole. Draw, paint, and collage images to make a Train Adventure Book & 'magic bell' gift box.

Parent/Tot Chess - Level I

Ages 3-6 with an adult

Through rhymes, song, mini-games and lots of lively fun, Chess Teacher Ms. Daa will teach basic chess concepts. Prior knowledge of the game of chess is not needed and chess sets and boards will be supplied. Resident fee applies to New Hope, Golden Valley and Robbinsdale. *Register by Oct 26.*

Site: New Hope Ice Arena
(4949 Louisiana Ave N)
Date: Wed, Nov 4-Dec 16
(No Nov 25)
Time: 10:00-11:00 a.m.
Fee: \$26/Res, \$32/Non-Res
Code: 9925



Art Expo Classes *Ages 6-12*

Selected authors and artists will be used for inspiration. All materials provided. Instructed by Gin Weidenfeller.

Site: Brookview Community Center
Time: 6:30-8:00 p.m.
Fee: \$18/Res, \$21/Non-Res

Drawing

Tue, Oct 6 - Code: 9959

Explore a variety of drawing tools, methods and styles to nurture your drawing skill. Experiment using found items (twigs, shells, grasses, etc.) as drawing tools. Create some silhouette ink and brush drawings of nature subjects. We'll also use traditional drawing tools and methods to draw cartoons, superhero's, landscapes, still life sketches and favorite subjects.

Art & Environment

Wed, Nov 18 - Code: 9960

In 2006, a baby polar bear cub named Knut, was born in Zoo Berlin. We'll illustrate Knut's story, whose survival depended upon a zoo keeper's continual care. Knut quickly became a symbol for environmental responsibility. Draw, paint and collage the events of Knut's survival and his caregivers. Design a symbol for Environmental Awareness also.

Daddy & Daughter Princess Ball

Ages 3-10

Join us for an enchanted evening with Once Upon a Star's Cinderella, Snow White, and Belle. Princesses, with your adult date will enjoy dancing, a snack, a photo, and craft project. Adults bring a camera to capture this memorable evening. Fee includes child and adult. Maximum of 10 couples so register by November 6.

Site: Brookview Community Center
Date: Fri, Nov 13
Time: 6:00-7:30 p.m.

Fee: \$20/Res, \$26/Non-Res
Code: 9926



Little Tiger Self Defense *Ages 3-5*

Master Tom Malone will help your child learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and games. Class promotes focus, discipline and respect—great personal tools to carry into the future.

Site: Hamel (147 Hamel Rd, Hamel)
Time: 10:00-10:40 a.m.
Fee: \$59/Res, \$62/Non-Res

Date: Mon, Sep 14-Oct 19 **Code:** 9951
Date: Mon, Oct 26-Nov 30 **Code:** 9952

Tae Kwon Do *Ages 5+*

This self-defense class will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape.

Site: Beacon Academy (12325 Hwy 55, Plymouth)
Date: Tue, Sep 15-Oct 20 **Code:** 9953
Date: Tue, Oct 27-Dec 1 **Code:** 9954
Time: 6:00-6:45 p.m.
Fee: \$59/Res, \$62/Non-Res



Cardio Kickboxing *Ages 16+*

A fun, exciting workout for men and women that provides overall physical conditioning and toning. Increase your balance, endurance, strength and flexibility through this non-contact, high-intensity cardiovascular workout. Wear loose, comfortable clothing that allows you to move easily.

Site: Hamel (147 Hamel Rd, Hamel)
Time: 7:30-8:15 p.m.
Fee: \$59/Res, \$62/Non-Res

Date: Mon, Sep 14-Oct 19 **Code:** 9955
Date: Mon, Oct 26-Nov 30 **Code:** 9956



Skateboarding Camp at 3rd Lair *Ages 6-16*

Designed for beginner to intermediate skaters. Experienced instructors will teach tricks like the ollie, kickflip, heel flip, ramp riding and more. For beginners, learn the basics; balance, pushing, skatepark safety and more. All will receive a camp shirt. Stay after 12:00 for open skate. Visit their website at www.3rdlair.com. **Equipment needed:** Skateboard and helmet, knee pads, elbow pads and wrist guards. Limited equipment is available at 3rd Lair.

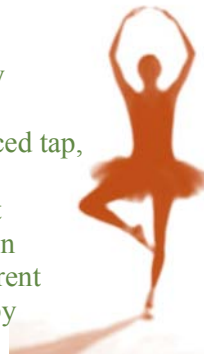
Site: 3rd Lair Skatepark (850 Florida Ave S)
Date: Wed-Fri, Oct 15-16
Time: 9:00 a.m.-12:00 p.m.

Fee: \$96/lunch \$88/no lunch
Code: 9957

Youth Activities continued...

Tap & Ballet Ages 4+

Students will have fun while learning dance routines to a variety of music. Basic dance skills will be taught in the beginning and intermediate classes. Experienced dancers work on more advanced tap, ballet and jazz routines. Please wear comfortable clothing such as a leotard and tights. Students provide their own tap and ballet shoes. Students must participate in sessions 2 and 3 to perform in the spring recital. There will be a costume fee for the recital. Parent viewing will be the last lesson of each session only. Instructed by Toni Nelson and Nicki Cullen.



Site: Brookview Community Center **Session Fee:** \$36/Res, \$39/Non-Res

Session 1 - Sat, Sep 12-Nov 7 (No Oct 17)

Session 2 - Sat, Nov 14-Jan 23 (No Nov 28, Dec 26 & Jan 2)

Session 3 - Sat, Jan 30-Mar 20 (Dates may change due to the recital date)

Ballet		*Instructor approval required.		
	Time	Session 1	Session 2	Session 3
Beginner (Ages 4-6)	8:00-8:30 a.m.	9927	9928	9929
Intermediate (Ages 7+)	9:00-9:30 a.m.	9930	9931	9932
Advanced*	10:00-10:30 a.m.	9933	9934	9935
Master*	11:00-11:30 a.m.	9936	9937	9938
Tap Dance				
Beginner (Ages 4-6)	8:30-9:00 a.m.	9939	9940	9941
Intermediate (Ages 7+)	9:30-10:00 a.m.	9942	9943	9944
Advanced*	10:30-11:00 a.m.	9945	9946	9947
Master*	11:30 a.m.-Noon	9948	9949	9950

About the Instructors...

Toni Nelson has taught tap and ballet in Golden Valley since 1974.

Nicki Cullen is Toni's daughter and has been teaching with Toni since 1992.

Cheer America Ages 4-16

Cheer America is a non-profit corporation that offers cheerleading and dance programs to youth. Students will learn popular junior high and high school cheers, chants, choreographed pom/dance routines, parade marching techniques and other performance skills required for cheerleading tryouts. This program promotes physical fitness, personal esteem, working as a team and respect for authority. Students also get to participate in clinics, competitions, special performances and march in parades throughout the state. At the conclusion of the program, students will perform a group recital. Each student receives a certificate and medal.

**Registration held at Meadowbrook Elementary School
on Tuesday, September 22 at the times listed below.**

Registration Date: Tue, Sep 22

Site: Meadowbrook Cafeteria

Dates: Tue, Sep 29-Dec 15

Time: 6:00-6:45 p.m. - Ages 4-8

7:00-7:45 p.m. - Ages 9-16

Fee: \$4 Enroll fee, \$6/night at door

Rink Rat Hockey for Boys & Girls Ages 5-11

This program consists of two pre-season practices with instructional games every Friday evening and Sunday afternoon. There are 10 game nights with 50% of the games played in other communities including: Minnetonka, New Hope, St. Louis Park, Golden Valley, Robbinsdale, Plymouth, Crystal, Brooklyn Park and Edina. Coaches instruct/officiate with no goalies, just goal covers. Games are not rescheduled due to inclement weather. Jerseys and participation awards provided. Partial teams may be merged with other communities. Schedules mailed to all participants mid-December. **Equipment Needed:** Skates, hockey stick, helmet w/mask, mouth guard, shin pads, hockey gloves, elbow pads & protective cup.

Site: Wesley Park

Date: Sun, Jan 3-Fri, Feb 12

Time: TBD

Fee: \$35

Code: Ages 5-6 - 9961

Code: Ages 7-8 - 9962

Code: Ages 9-11 - 9963

Armstrong Youth Hockey Association Ages 5-14

For information contact:

Matt Deterding at 763-557-5809 or
mite.coordinator@armstronghockey.com
or visit www.armstronghockey.com

Drama Club Ages 8-14

Our fall Drama Club will continue its long history of exciting productions! The club will develop performance sketches, as well as work on acting technique, costumes and make-up. Final show is Wednesday, October 28 at 7:00 p.m. All participants must be able to participate in the final performance.

Site: Noble Elementary School

Date: Mon & Wed, Sep 21-Oct 28

Time: 6:30-7:30 p.m.

Fee: \$52/Res, \$55/Non-Res

Code: 9971



American Red Cross Babysitting Training Course

Ages 11-15

Course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Must be 11 years old by day of class. Participants will learn: Safety and Safe Play; Basic Care: Feeding and diaper changing; First Aid: Every babysitter needs to know what to do if an accident happens; Leadership: How do you have fun with the kids, but stay in control; Professionalism: What should you ask during a babysitting interview? **Please bring a lunch and snack.**

Site: Brookview Community Center
Date: Sat, Sep 12 **Code:** 9972
Date: Sat, Sep 19 **Code:** 9974
Date: Sat, Oct 10 **Code:** 9973
Time: 8:00 a.m.-4:00 p.m.
Fee: \$73/Res, \$76/Non-Res

Hoopstars Basketball

Grades K-1st

This fundamental camp will allow youth to learn and develop new skills to enjoy the game of basketball. Coach Ron Behl will lead this camp, which is focused on the key elements of the game. Class size will be limited to offer the best in personalized instruction for each player. Run in cooperation with Golden Valley, Crystal, and Hoopstars. Register by October 9.

Site: Davis Community Center
Date: Tue & Thu, Oct 13-29
Time: 6:00-7:30 p.m.
Fee: \$41/Res, \$44/Non-Res
Code: 9975

Basketball Winter Warm-up *Grades 2-6*

Looking to improve your skills and fundamentals before the season starts? Offense, defense, dribbling, passing, shooting and sportsmanship are all key elements to basketball. Coach, Ron Behl, will help get you ready for the up coming league using these principals. It is also a great time to learn the game of basketball for the first time. Run in cooperation with Golden Valley/Crystal and Hoopstars.

Grades 2-3

Site: Davis Community Center
 (5430 Glenwood Ave, GV)
Date: Tue, Nov 10-Dec 15
Time: 6:00-7:30 p.m.
Fee: \$41/Res, \$44/Non-Res
Code: 9976

Grades 4-6

Site: Forest Elementary School
 (6800 47th Ave N, Crystal)
Date: Mon, Nov 9-Dec 14
Time: 6:00-7:30 p.m.
Fee: \$41/Res, \$44/Non-Res
Code: 9977

Youth Basketball *Grades 2-6*

This is a recreational basketball league. Most games will be on Saturday afternoons. However, a few weeknight games may be necessary. Teams will be formed randomly. Two players may request to be together.

Coaches will be assigned with his/her child. There is a limit of two coaches per team. Grade levels may be combined if registration is not sufficient. This program is co-sponsored with the City of Crystal, and includes teams from both cities. Mouth guards are recommended for all participants. **Players must sign up for the grade they are currently in. Participants may play up one level if ability merits the move.**

Practices - Noble Elementary and/or Meadowbrook School beginning mid-January. Day/time will vary due to gym and coach availability. **Coaches will call team members after January 4 with practice time.**

Games - Crystal Community Center and Davis Community Center.

Date: Sat, Jan 16-Mar 13
Time: Afternoons (TBD)

Fee: \$46/Res, \$49/Non-Res
Resident fee applies to those residing in Crystal, St. Louis Park and Golden Valley.

Grade: Boys 2 **Code:** 9978
Grade: Boys 3 **Code:** 9979
Grade: Boys 4 **Code:** 9980
Grade: Boys 5-6 **Code:** 9982

Grade: Girls 2-3 **Code:** 9983
Grade: Girls 4-6 **Code:** 9984



HEY PARENTS! Be a volunteer coach!!
 Help get youth basketball off to a great start! Volunteer parent coaches are necessary for the success of this program.

Shoot Some Buckets *Ages 7+ with an adult*

Bring an adult and shoot free throws, play one-on-one or just shoot buckets. Many different size balls available. Tennis shoes (no rollers) required. Punch passes can be purchased at Brookview. **NO TEAM PRACTICES ALLOWED.**

Site: Davis Community Center
Fee: \$10/12-time punch pass or \$1/person/day, pay at door

Available Times:

Date: Sun, Oct 4-Dec 13
Time: 5:00-7:00 p.m.

Date: Mon, Oct 5-Dec 14
Time: 6:00-8:00 p.m.

Date: Sat, Oct 3-Dec 19
Time: 10 a.m.-12 p.m.

Youth Activities continued...



Family Gym Time *All ages with Adult*

Grab a ball, play a game or just hang out with other parents and their children. No instruction provided. Fee includes parents and children. Purchase family punch passes at the Park and Recreation office at Brookview.

NO TEAM PRACTICES ALLOWED.

Site: Davis Community Center

Fee: \$30/8-time family punch pass or \$5/family/day, at door

Available Times:

Date: Sat, Oct 3-Dec 19

Time: 1:00-3:00 p.m.

Date: Sun, Oct 4-Dec 13

Time: 1:00-3:00 p.m.

Music For Everyone *Ages 7+*

Music For Everyone offers music lessons and group activities for students of all ages. The cities of Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth coordinate this program. Resident fee applies to all residing in these cities. Call Anna Shmidov at 763-531-5198 to establish a lesson time.

Private Piano Lessons

Course includes thirteen 30-minute lessons taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing.

Site: Brookview Community Center

Fee: \$260/Res \$270/Non-Res

Instructed by Ella Gerbuz

Date: Tue, Sep 8-Dec 8

Time: Between 5:30-9:00 p.m.

Code: 9965

Instructed by Mila Maron

Date: Wed, Sep 9-Dec 9

Time: Between 3:30-9:00 p.m.

Code: 9966



Introduction to Piano

Have you been interested in private lessons but the cost has kept you away? This new program allows you to try music lessons without a large upfront fee. This special rate is limited to 'new' beginners.

If you wish to continue lessons beyond this introductory six week term, arrangements can be made. No make-up lessons will be offered.

Site: Brookview Community Center

Fee: \$120/Res, \$130/Non-Res

Instructed by Mila Maron

Date: Wed, Sep 9-Oct 14

Time: Between 3:30-9:00 p.m.

Code: 10011

Instructed by Mila Maron

Date: Wed, Oct 21-Nov 25

Time: Between 3:30-9:00 p.m.

Code: 10012

About the Instructors...

Ella Gerbuz has a Bachelor's Degree in Music from the U of M. She's a music teacher in the Minneapolis Public School District and has been teaching MFE piano for 15 years.

Mila Maron has a Bachelor's Degree in Music and a Master's in Arts with an emphasis on Piano. She's a member of MMTA and has been teaching MFE piano for 16 years.

Guitar Lessons

Ages 10+

Have fun while learning to play the guitar with Instructor Ellie Borkon.

Learn chords and melodies. Each course runs 4 weeks, ½ hour per meeting. Lesson day, time and site need to be arranged with the instructor before registering. Call the Recreation office for instructor's phone number.

Fee: \$65/Res, \$68/Non-Res

Month: Sep
Code: 9967

Month: Oct
Code: 9968

Month: Nov
Code: 9969

Month: Dec
Code: 9970



Target Center & Xcel Energy Center Events

Please arrive at least ½ hour early to events. Participants provide own transportation. You will be notified when tickets are available for pick-up at the Recreation office.

2009 Minneapolis Shrine Circus at the Target Center

Fri, October 16 - 10:30 a.m.

Presenting the ultimate in exciting entertainment, the Minneapolis Shrine Circus will return to Target Center with another great show! From the moment the lights go down, you'll thrill to the spellbinding feats of the acrobats and the delightful antics of the Shriner clowns and more. You won't want to miss one exciting moment of this magical family show. Ages 2+ need a ticket.

Fee: \$10 (lower level reserved)

Deadline: Sep 23 (or until spaces fill)

Code: 9985

Disney Live! at the Xcel Center

Sun, October 18 - 12:30 p.m.



Get ready – Mickey Mouse is in the house and getting ready for some fun! Mickey, Minnie, Goofy and Donald head off on an adventure to find some great friends to help them out. You'll get to sing along to cool songs, jump out of your seat to dance to the beat and laugh out loud with Buzz, Woody, Cinderella, Tigger and more of your Disney friends! Ages 1+ need a ticket.

Fee: \$23 (reserved, section 109)

Deadline: Oct 1 (or until spaces fill)

Code: 9986

Disney on Ice: Princess Classics at the Xcel Center

Sun, December 13 - 5:00 p.m.

Your dreams will come true as *Disney On Ice* takes audiences on an amazing journey to the most enchanted places on earth! Travel to a kingdom under the sea, a magical palace in France, an Arabian castle, a garden where pumpkins turn into coaches, and more. *Disney On Ice* will play host to THE gala of the year as Cinderella, Belle, Ariel, Jasmine, Mulan, Sleeping Beauty and Snow White are joined on the ice by their dashing heroes and their devoted side-kicks in this once-in-a-lifetime extravaganza. Ages 1+ need a ticket.

Fee: \$24 (reserved seating)

Deadline: Nov 23 (or until spaces fill)

Code: 9987

Adaptive Programs



www.reachforresources.org

**For information and
registration procedures,
call 952-988-4177**

REACH is an agency which serves individuals with developmental disabilities and their families. REACH is a cooperative effort of the cities of Brooklyn Park, Brooklyn Center, Crystal, Golden Valley, Maple Grove, New Hope, Plymouth, Robbinsdale and REACH for Resources. Services include information, referral, advocacy and counseling. NOTE: Those not living in one of the above communities are considered non-resident.

Youth Programs (Ages 5-12)

Kid-Fu

Session I: Sep 15-Oct 27, Session II: Nov 3-Dec 15, 5:30-6:15 p.m., Bass Lake Shelter, 5450 Northwest Blvd., Plymouth. \$40/Res, \$48/Non-Res.

Family Yoga

Tue, Sep 22-Oct 27, 5:30-6:30 p.m., St. Louis Park Recreation Center, 3700 Monterey Dr. \$50/Res parent/child pair, \$55/Non-Res parent/child pair, \$20/each add'l family member.

Nature Discovery

Mon, Sep 14-Oct 19, 4:30-5:30 p.m., Westwood Hills Nature Center, St. Louis Park. \$25/Res, \$30/Non-Res.

Teen Programs (Ages 13-21)

Active Adventures

Thu evenings, Sep 17-Oct 22, various NW metro locations, \$40/Res, \$48/Non-Res.

Girls Club

Designed for girls who are independent in their personal cares and who want to have fun!! We meet one Saturday per month (Sep-Nov) at various locations. \$30/Res, \$40/Non-Res.

Adult Programs (Ages 18+)

Yoga

Tue, Sep 22-Oct 27, 6:45-7:45 p.m. at St. Louis Park Recreation Center, 3700 Monterey Dr. \$40/Res, \$45/Non-Res.

Weekend Ventures (Ages 15+)

Camp Kingswood, Mound, MN

Join us for a wonderful weekend getaway. We will spend Friday evening through Sunday morning at beautiful Camp Kingswood in Mound MN. Hiking, campfires, Frisbee golf, a challenge course and more! Call Becca at 952-988-4176 for more information. Fri-Sun, Sep 11-13. \$350.

Bowling

Open to All

Fun, non-competitive, open bowling. Sat, Sep 19-Nov 7, 12:00-2:00 p.m., Doyle's Bowling Lane, Crystal. \$35/Res, \$43/Non-Res, plus \$3 each week.

Adult Bowling

Sat, Sep 19-Nov 7, 3:00-5:00 p.m., Earle Brown Bowl, Brooklyn Center. Fee: \$35/Res, \$43/Non-Res, plus \$4 each week.

Special Events

Ghostly Gala

Join us for this annual spooky celebration!! We will have games, prizes, food, music, and dancing! All money raised at this event goes to fund the Reach for Resources recreation department. Wed, Oct 28, 6:30-9:00 p.m., Brooklyn Park Community Activity Center Gym, \$8.

Blast From the Past Dance!

Get out your 80's gear, 70's Disco Style, or an outfit from any other decade and prepare to dance the night away while listening to all your old favorites! Drawings for great prizes!! Fri, Nov 13, 7:00-9:00 p.m., Plymouth Creek Center, \$5 at the door.

Adult Activities

Emotional Freedom Technique (EFT)

Instructed by Amy Zilka, this simple, easy to learn technique can help eliminate any and all FEARS, PHOBIAS, ANGER, PAIN, FOOD CRAVINGS, etc. Please bring with you any fear, phobias, etc. as this class requires group and individual participation. You will walk away with handouts and the ability to remove any undesirable feeling that might be blocking you from getting what you want.

Site: Brookview Community Center **Time:** 6:30-7:30 p.m. **Code:** 9988
Date: Tue, Sep 22 **Fee:** \$20/Res, \$23/Non-Res



Tuning Forks-What Are They?

They are another form of vibrational healing using sound waves of your ears, bones, tissues and cells. They combine science and sound and can be used for many things such as increased focus, stress relief and balancing of

body, mind & spirit. You will gain an understanding of how, when and for what to use them. There will be forks available for purchase along with handouts. Instructed by Amy Zilka.

Site: Brookview Community Center **Time:** 6:30-7:30 p.m. **Code:** 9989
Date: Mon, Oct 5 **Fee:** \$16/Res, \$19/Non-Res

Have you ever wondered what your pet was trying to tell you?

You will learn how to become “*aware*” of what your pet is trying to tell you about how you live your life and how you, your household and animal companion can be brought back into “*balance*” and in *connection with each other and your environment*. Please bring pictures of your pets and issues you want solutions to. Instructed by Amy Zilka.



Site: Brookview Community Center **Time:** 6:30-7:30 p.m. **Code:** 9990
Date: Mon, Oct 19 **Fee:** \$18/Res, \$21/Non-Res

About the Instructor... Amy Zilka

Amy has her M.A. in Psychology/Psychotherapy and is a Certified Regression Hypnotherapist, Acupuncturist, Herbalist, Reiki I & II Practitioner, Nutritionist, Flower Essence's, Homeopathy and Tuning Forks Practitioner.

Weaving on a Cardboard Loom

Make a unique, personal cell phone or iPod Case, coin purse, sunglass case using only a piece of cardboard, scissors, ruler, tapestry needle and yarn. Day one will include a description and demonstration of the project, we'll create our cardboard loom and warp it. Day two, we'll design and weave the selected project. Please bring cardboard-flexible but sturdy, a scissors, pencil and ruler to the class. A \$5 materials fee is payable to the instructor the first night. Instructed by Sandy Baron, a weaver of over 12 years and juried art exhibitor. Register by Oct 14.

Site: Brookview Community Center **Fee:** \$16/Res, \$19/Non-Res
Date: Wed, Oct 21 & 28 **Code:** 9991
Time: 7:00-9:00 p.m.

Line Dancing

Join Instructor Annette Fragale for this fun, fast moving, foot tapping line dance class for the whole family.

Dance to country western music and learn the hottest new dances. Easy to learn and great exercise.

Site: Brookview Community Center
Date: Wed, Oct 7-Nov 18
Time: 6:30-7:30 p.m.
Fee: \$56/Res, \$59/Non-Res
Code: 10002

About the Instructor...

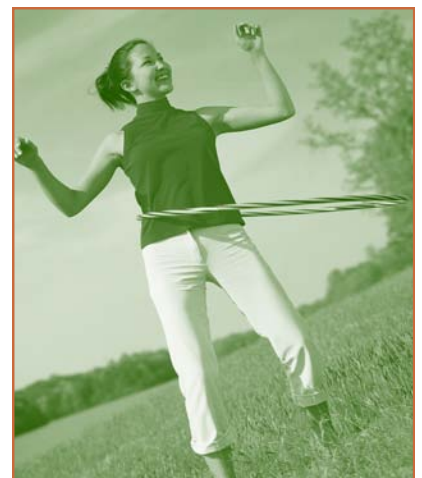
Annette Fragale

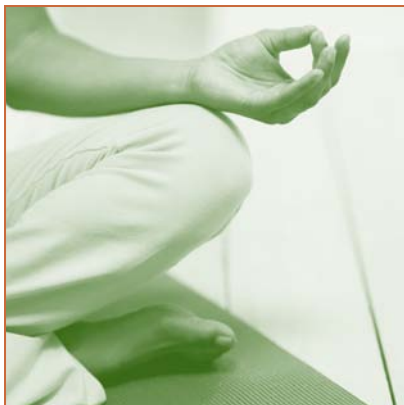
She is a member of the National Teachers Association and Country Western Line Dance Association. She's certified with NDEITA, ACE, Stott Pilates and more. Annette is also Host/Producer of the popular cable TV show “Yoga on the Go!”

Hoop it up!

If you have never been able to keep a hula-hoop up and spinning, this fun-filled class guarantees results along with a fantastic workout. You will be stretching, strengthening, and toning your entire body. Hoops are provided and can be purchased. Instructed by Annette Fragale.

Site: Davis Community Center
Date: Thu, Oct 8
Time: 6:00-7:30 p.m.
Fee: \$12/Res, \$15/Non-Res
Code: 10003





Pilates-Inspired Workout

This beginner friendly class, taught by Annette Fragale, is a workout that will lengthen your muscles, relax your joints, build better posture and strengthen your entire body. Bring a small pillow/towel, and a mat.

Site: Brookview Community Center
Date: Mon, Oct 5-Nov 23
Time: 6:00-7:00 p.m.
Fee: \$56/Res, \$59/Non-Res
Code: 10001



Yoga with Annette

A gentle, non-religious approach to Yoga taught by Annette Fragale. Includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat.

Site: Brookview Community Center
Date: Tue, Oct 6-Dec 15 (No Nov 3)
Time: 11:00 a.m.-12:00 p.m.
Fee: \$56/Res, \$59/Non-Res
Code: 10000

Yoga & Pilates

Yoga & Pilates with Laura

Strengthen your body and your awareness...take a revitalizing break from your hurried life and find your natural power. This 70-minute yoga class, with a sprinkling of pilates, creates flexibility, strength, and healthy posture through a combination of breathing awareness, yoga postures and guided relaxation. Appropriate for beginners to yoga, as well as those who already practice. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

Site: Brookview Community Center
Time: 5:30-6:40 p.m.
Fee: \$80/Res, \$83/Non-Res

Date: Tue, Sep 1-Oct 20
Code: 9994

Date: Tue, Oct 27-Dec 22 (No Nov 3)
Code: 9995

About the Instructor...

Laura Lazowski

Laura is a certified yoga instructor and teaches in the hatha yoga flow (vinyasa) style. She has been practicing yoga for 25 years.

Power Yoga & Pilates with Laura

A natural extension of the Yoga and Pilates class (above,) this class focuses on creating and nurturing body alignment, flexibility and strength. It includes some more challenging poses in a longer class format. This 90-minute class consists of breath awareness, yoga poses, pilates exercises, light weight work and a guided relaxation. Previous experience with yoga is helpful, however, beginners are welcome to try it out! Bring a yoga sticky mat, 1-5 lb. hand weights (optional) and a small blanket and pillow for relaxation (optional.) Instructed by Laura Lazowski.

Site: Brookview Community Center
Time: 6:40-8:15 p.m.
Fee: \$96/Res, \$99/Non-Res

Date: Tue, Sep 1-Oct 20
Code: 9996

Date: Tue, Oct 27-Dec 22 (No Nov 3)
Code: 9997



No-Stress Basic Chess For Adults - Level 1

This course will cover the basic moves and terminology of chess; mini games which make the full game easy to learn and some sneaky chess moves. Professional Chess Teacher Ms. Daa has been teaching chess for over 25 years. Ms. Daa has specially designed this course as a no-stress, slow-pace, pleasant experience for adults who've always wanted to learn the royal game of chess but felt intimidated by its complexities. Resident fee applies to New Hope, Golden Valley and Robbinsdale. Register by October 26.



Site: New Hope Ice Arena
 (4949 Louisiana Ave N)
Date: Wed, Nov 4-Dec 16 (No Nov 25)
Time: 11:30 a.m.-12:30 p.m.
Fee: \$26/Res, \$32/Non-Res
Code: 10008

Adult Activities continued...

Tae Kwon Do

This self-defense program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape.

Site: Beacon Academy
(12325 Hwy 55, Plymouth)

Date: Tue, Sep 15-Oct 20
Code: 9953

Date: Tue, Oct 27-Dec 1
Code: 9954

Time: 6:00-6:45 p.m.

Fee: \$59/Res, \$62/Non-Res

Belly Dancing

Beginning Belly Dancing

Have you always wanted to learn to belly dance? Come learn this beautiful and exotic dance form instructed by Tatyana Butkova. Be prepared to have fun while enjoying a low impact workout. Wear comfortable clothing and bring a scarf.

Site: Brookview Community Center **Time:** 7:00-8:30 p.m.

Date: Thu, Sep 3-Oct 22
Fee: \$64/Res, \$67/Non-Res
Code: 10004

Date: Thu, Oct 29-Dec 17 (No Nov 26)
Fee: \$56/Res, \$59/Non-Res
Code: 10005



Intermediate Belly Dancing

Instructor Tatyana Butkova will expand on the basics for more challenge and fun! Previous belly dance experience required.

Site: Brookview Community Center **Date:** Sat, Sep 12-Oct 24 **Code:** 10006
Time: 10:30 a.m.-12:00 p.m. **Date:** Sat, Oct 31-Dec 19 **Code:** 10007
Fee: \$64/Res, \$67/Non-Res (No Nov 28)

About the Instructor... Tatyana Butkova

Tatyana has been studying the art of belly dancing since 2002. In January 2004, she began studying at Cassandra School of Belly Dance and in 2006 joined Jawaahir Dance Company. In spring 2007, Tatyana started her teaching career by teaching classes at Cassandra School.



Swing & Social Ballroom Dance

Instructed by the Twin Cities' leading dance instructor Dean Constantine and his daughter Deanne. They will give you an introduction to Social Ballroom, 50's Lindy Swing, Latin, Salsa and Polka. Walk-ins welcome. Free repeat lessons for two months. Have questions or interested in intermediate lessons? Call Dean or Deanna at 952-476-4044.

Site: Brookview Community Center
Date: Sun, Nov 1-22
Time: 5:00-6:30 p.m.

Fee: \$50/Res, \$53/Non-Res
Code: 10009

About the Instructor... Dean Constantine

Dean has been teaching Swing & Social Ballroom Dance for over 30 years. In 2006, Dean was awarded the USA Dance Minnesota Lifetime Achievement Award.

Davis Community Center Adult Open Gyms

All levels are welcome to participate. Punch passes can be purchased at Davis or Brookview Community Centers and can be used at any of the times listed below. Basketballs and volleyballs are provided.

Fee: \$20/10-time punch pass or
\$3/pp daily, pay at door

Adult (18+) Open Basketball

Date: Wed, Sep 2-Dec 16

Time: 8:00-10:00 p.m.

Date: Sat, Sep 12-Dec 19

Time: 8:00-10:00 a.m.

Over 40 Open Basketball

Date: Mon, Sep 14-Dec 21

Time: 8:00-10:00 p.m.

Adult (18+) Open Volleyball

Date: Tue, Sep 8-Dec 29 (No Nov 3)

Time: 8:00-10:00 p.m.

Date: Thu, Sep 10-Dec 17 (No Nov 26)

Time: 8:00-10:00 p.m.

Date: Sun, Oct 4-Dec 20

Time: 3:00-5:00 p.m.

Adult Basketball League

The season runs from mid-November through February. Games are played on Wednesday nights at Sandburg Middle School, with some possible Friday games. For information and/or team registration materials, call the Recreation office at 763-512-2345.

Walk Program

Walking is one of the best forms of exercise and can be done indoors at Crystal Community Center or Sandburg School. For Crystal, call 763-531-0052 and for Sandburg call 763-512-2345 to receive an information packet and schedule. Black soled shoes not allowed at Crystal.

Crystal Community Center

Monday-Friday
10:00 a.m.-2:00 p.m.



Sandburg School

Monday-Thursday, Sep 14-May 13
5:30-8:30 p.m.

Golden Valley Senior Citizen Program

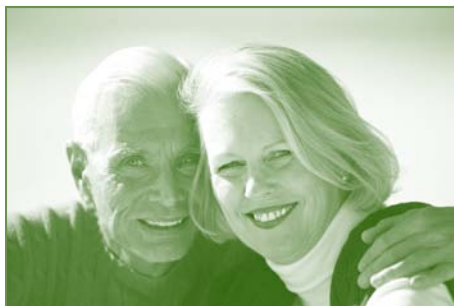
Open to all residents of Golden Valley, 55 years and over
Senior Office: 763-512-2339

Senior Center

The Senior Center is located in the Evergreen Room at the Brookview Community Center. Join scheduled activities, volunteer for the senior program, and register for events, trips and other activities. All programs are held at Brookview Community Center unless noted.

Other locations include:

- Ambassador Care Center..... 8100 Medicine Lake Road
- Calvary Center Cooperative..... 7600 Golden Valley Road
- Calvary Lutheran Church..... 7520 Golden Valley Road
- Country Villa Assisted Living..... 7475 Country Club Drive
- Dover Hills Midrise..... 2400 Rhode Island Avenue North



2009 Annual Membership Donation

Golden Valley Senior events are open to individuals age 55 and older. Your donation is good for the year and will allow you to receive the bi-monthly Senior Newsletter. It also helps to support the senior program and offset some of the cost for producing and mailing the newsletter to your home.

Date: January 1-December 31, 2009

Fee: \$5 per person

Code: 9359

Thanks for your support!

Senior Special Programs

Happy Feet Foot Care Clinic

This foot care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment from 9:00 a.m.-1:00 p.m. *If you need to cancel your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.*



Site: Brookview Community Center

Date: Tue, Sep 15, Oct 20, Nov 17 & Dec 15

Time: 9:00 a.m.-1:00 p.m.

Fee: \$30 (Payable to "Happy Footcare,"
and due at time of service)

Blood Pressure Screening

Service provided by Jane and the Ambassador Good Samaritan Home Health Nurses. Bring your blood pressure card to be updated.

Site: Brookview Community Center

Date: Wed, Sep 23, Oct 28 & Nov 25 (No Dec) **Time:** 11:00-11:30 a.m.



Getting You Through the Medicare & Medigap Maze

Going to retire and need Medicare questions answered? Have forms that need filling out? Make an appointment with George to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Call the Senior office to schedule an appointment.



Site: Brookview Community Center

Date: Tue, Sep 8, Oct 13,
Nov 10 & Dec 8

Time: Appointments scheduled at
9:00, 10:00 or 11:00 a.m.

Senior Special Events

Golden Tones Chorus Kick-off



WE'RE BACK! Come and see what we are all about. Practices are Thursdays from 10:30-11:30 a.m. in the music room at Calvary. We perform monthly at local care centers and senior centers. Proven fact - Singing and laughing can add years to your life!

Site: Calvary Lutheran Church

Date: Thu, Sep 17 **Time:** 9:45 a.m.

Financial & Legal Issues for Seniors & Caregivers

This presentation will cover services you may need while managing financial and legal issues for an aging family member. Ashley Brooks-Danso, from the Alzheimer's Assoc., will discuss power of attorney, specialized insurance, health care directives and other issues. Co-sponsored by the Golden Valley Library and Golden Valley Seniors. Register by Nov 1 with the Senior office.

Site: Golden Valley Library
(830 Winnetka Ave)

Date: Wed, Nov 4

Time: 6:00 p.m. Refreshments
6:30 p.m. Presentation

Senior Special Events continued...

Robbinsdale City Band Holiday Concert

Enjoy a holiday band concert and sing-a-long with the Robbinsdale City Band. Five Cities Transportation available for this event.

Site: Crystal Community Center
(4800 N. Douglas Dr, Crystal)

Date: Thu, Dec 3

Time: 7:00 p.m. Refreshments
7:30 p.m. Concert

Fee: Donation for refreshments



Holiday Tea

You are cordially invited to High Tea. The afternoon begins with tea and a musical performance by Dick Lowey, the former pianist for the Hotel Sofitel in Bloomington. Petite sandwiches and desserts will be served. Ladies, wear a festive hat

and gentlemen a tie, and be eligible for prizes. Bring your own tea cup and saucer to add to the fun. Five Cities Transportation is available for this event.

Site: Brookview Community Center

Date: Wed, Dec 9

Time: 1:00-2:30 p.m.

Fee: \$6 - pay by Dec 2

Code: 10013

Senior Classes

Oils & Acrylics with Judy

Looking for a creative outlet? Instructor Judith Baron will teach you to paint pictures in oil or watercolors. Classes are small to allow for individual help. Students need to bring all supplies. Call the senior office for a list of supplies. Punch cards for this class may be purchased in the Recreation office at Brookview.

Site: Brookview Community Center

Date: Mondays, continuous through Nov 30

Time: 9:30-11:30 a.m.

Fee: 6-time punch pass
\$38/Res, \$41/Non-Res

Defensive Driving 4-hour Refresher Course

Register in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Call the Minnesota Safety Council at 651-291-9150 for information about these courses. If you have

taken the 8-hour course, save up to 10% discount for 3-years on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving refresher course. No tests are given but attendance is required to receive the certificate of completion.

Site: Brookview Community Center

Date: Thu, Sep 10, Oct 8, Nov 12 or Dec 10

Time: 9:00 a.m.-1:00 p.m.

Fee: \$17/person



Intermediate Bridge

Made for the player who has basic knowledge of the game, sharpen your skills with these intermediate classes. Instructed by Dick Welander.



Site: Brookview Community Center

Date: Fri, Sep 18-Nov 6

Time: 9:00-10:30 a.m.

Fee: \$29/Res, \$32/Non-Res

Code: 10010

Yoga with Annette

A gentle, non-religious approach to Yoga taught by Annette Fragale. Includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat.

Site: Brookview Community Center

Date: Tue, Oct 6-Dec 15 (No Nov 3)

Time: 11:00 a.m.-12:00 p.m.

Fee: \$56/Res, \$59/Non-Res

Code: 10000

Weaving on a Cardboard Loom

Make a unique, personal cell phone or iPod Case, coin purse, sunglass case using only a piece of cardboard, scissors, ruler, tapestry needle and yarn. Day one will include a description and demonstration of the project, we'll create our cardboard loom and warp it. Day two, we'll design and weave the selected project. Please bring cardboard-flexible but sturdy, a scissors, pencil and ruler to the class. A \$5 materials fee is payable to the instructor the first night. Instructed by Sandy Baron, a weaver of over 12 years and juried art exhibitor. Register by Oct 14.

Site: Brookview Community Center

Date: Wed, Oct 21 & 28

Time: 7:00-9:00 p.m.

Fee: \$16/Res, \$19/Non-Res

Code: 9991

**See Adult Section for
other great classes!**

Senior Special Interest Groups

Coffee Talk

Join us on the fourth Wednesday of the month for juice, sweet rolls, donuts, informative programs and, of course, coffee! Call the Senior office to register in advance.

Site: Brookview Community Center **Time:** 9:45 a.m.
Fee: \$2 - pay at the door

Wednesday, September 23 - Famous Minnesota Lawsuits

Marshall H. Tanick, a certified civil trial specialist and an attorney with the Minneapolis law firm of Mansfield, Tanick & Cohen, P.A. will describe some famous Minnesota lawsuits, including a half dozen important and interesting cases involving Golden Valley over the past 150 years. Register by September 21.

Wednesday, October 28 - New Changes in Medicare Part D

The year 2010 brings some changes to Medicare Part D. Learn how the changes may affect you and your benefits. Register by October 26.

No meeting in November or December.



Living Wise and Well

It's a fact—people are living longer, healthier lives. This FREE program offers information each month for a happy, healthier you.

Site: Calvary Cooperative Center
Time: 1:00 p.m.
Fee: Donation for refreshments



Thursday, September 3 - Learn More, Breathe Better

COPD is a growing epidemic: the fourth leading cause of death in the U.S. and affecting one in four Americans over the age of 45. COPD has recognizable symptoms and treatments that can control symptoms and prolong life. Today we will learn about this chronic illness, what are the symptoms and current treatments. Presented by Heather Steffens, American Lung Association.

Thu, October 1 - How Senses Change with Aging & How We Compensate

Have you noticed that the volume of the television or radio needs to be turned up to be heard? Or the newspaper print has gotten smaller? Flowers no longer smell like they used to? Karla Settler from Generational Resource Connections will explain how the senses change as we age and how we naturally compensate for the changes.

Thursday, November 5 - Healthy, Easy Meals for One or Two

It's difficult to downsize mealtime when grocery stores package items for families of four. Today we'll learn easy meals to prepare for one or two that are delicious and healthy from a dietary staff member from Jones-Harrison.

Thursday, December 3 - Fall Prevention & Staying Safe at Home

Did you know that falls are one of the leading causes of joint replacement surgeries? Most of those falls can be contributed to accidents in the home. Come and learn about safe and effective ways to adapt your home and limit the chances of falling. Learn how removing one simple item from your home can decrease your chances of falling. Presented by Stephanie Frager, OTD, OTR/L Facility Rehab Coordinator at Golden Valley Rehab and Care Center.

Armchair Travelers

Explore new lands without leaving the comfort of your neighborhood. New travelers welcome! Refreshments will be served. Register at least one day in advance by calling the Golden Valley Senior office.

Site: Country Villa Assisted Living
Time: 2:00 p.m.

Thursday, September 17
Peru

Thursday, October 15
Mt. Everest and Nepal

Thursday, November 19
To be determined

Thursday, December 17
To be determined

Remember When...? with Jan

We all have special memories and we usually start by saying "remember when?....." Let's go back and enjoy that time in our life with our friends.

Site: Dover Hill Midrise
Time: 1:00 p.m.

Thursday, September 24
Remembering Housedresses

Thursday, October 22
Remembering Home Health Remedies

Thursday, November 19
Remembering Favorite
Foods & Recipes

Thursday, December 17
Remembering a Prized Possession

Card & Game Groups

New players always welcome!

Open Bridge

Thursdays at 6:30 p.m.
Fridays at 9:00 a.m.

Cribbage

Tuesdays at 1:00 p.m.

Dominoes

Mondays at 1:00 p.m.

Euchre

Thursdays at 1:00 p.m.

500

Wednesdays at 1:00 p.m.



Senior Special Interest Groups continued...

Pedal Pushers Bicycle Group

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:00 a.m. and then bike 6-12 miles, stopping along the way for short breaks to enjoy the scenery and each other. Helmets are required, water bottles and snacks strongly recommended. Call the senior office to receive specific meeting locations.

Thursday, September 10 - Dakota Rail Regional Trail

Tuesday, September 22 - Mendota - Big Rivers Trail

Tuesday, October 6 - Midtown Greenway



Mondays with Mary

Join Mary on Mondays at 9:30 a.m. to make door decorations, greeting cards, party favors, stuff envelopes for City Hall and more. Work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee—you bring your time and talent. "The more the Mary-ier!" See the Senior Newsletter for meeting dates.

The Golden Tones Chorus

This chorus, organized in 1977, practices on Thursdays at 10:30 a.m., September to May, at Calvary Lutheran Church, 7520 Golden Valley Road. Directed by Flo Carroll, the members enjoy singing together and entertaining each month on Thursday afternoons for local senior centers, care centers, civic organizations and churches. The finale is "Spring Sing" held in May, performing with area senior choruses. Interested in joining? Call the senior office or join us any Thursday.

Money Matters

Finances and investments are of more interest than ever with rising consumer costs. Hear speakers from companies dealing with finances and investments present information for today's investor.

Site: Brookview Community Center

Time: 10:00-11:00 a.m.

Thursday, September 17

Recession Investing in Foreign Stock - How Much and Where to Look

Presented by Larry Klick, Money Matters Member.

Thursday, October 15

Aging and the Law: Protecting Finances and Medical Preferences, Part 2

Presented by Elizabeth Michalis, Guardian Counsel Law Office.

Thursday, November 19

Protecting a Lifetime of Retirement Savings

Presented by Craig Empey, Empey Law Office, PLLC.

Thursday, December 17

No meeting.



The "Mary Wanderers" Trip Program

The "Mary Wanderers" trip program includes one-to-three day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person, by mail or over the phone. Please use the trip code number and designate your pick-up location when registering.

PICK-UP LOCATIONS:

You must designate a pick-up when registering for one-day trips.

**Calvary Co-op/Apts
Golden Valley City Hall**

Lanesboro and the Commonweal Theater Friday, September 18

Begin in the tiny village of Lanesboro with lunch at the Pedal Pusher's Café. Menu: Roast Pork Loin, mashed potatoes/gravy, vegetable, roll/butter, dessert, coffee/tea/milk. After lunch, shop the stores along main street before seeing the performance at the Commonweal Theater, "The Rainmaker," a play about faith, reality, trust and transformation. Quick stop on the way home.

Code: 9476

Fee: \$65

Register or Cancel By: Aug 10

Pick-ups Begin: 8:00 a.m.

Approx Return: 6:30 p.m.



Fall Colors & the Eagle Center

Thursday, November 5

Enjoy the rolling countryside and beautiful fall colors before reaching Freedom Park in Prescott where we will have coffee and donuts before a short presentation at the Great River Road Visitor Center. Watch for the eagles often seen soaring through the sky. We'll enjoy a broasted chicken dinner at the Coffee Mill Golf Course before going to the National Eagle Center. After listening to our speaker, take time to enjoy the 15,000 square-foot building full of exhibits (look for the three eagle residents) and a glassed-in observation deck with gift shop. Before returning to Golden Valley, we'll stop at Pepin Heights Apple Orchard to stretch our legs and purchase goodies.

Code: 9477

Fee: \$57

Register or Cancel By: Mon, Sep 21

Pick-ups Begin: 8:00 a.m.

Approx Return: 5:45 p.m.



A Rural Masterpiece Thursday, November 5



Enjoy the peaceful farmlands of central Minnesota before arriving in Glencoe to tour the Bonnie Mohr Fine Art Studio. The beautiful farm setting is the inspiration for Bonnie's art, which is available for purchase. Then off to Olivia for an old fashioned Pot Roast dinner at Max's Grill and a tour of St. Aloysius Catholic Church. This masterpiece is an Italian

Basilica built in 1925. It has recently undergone a \$1 million renovation. Our journey is not complete until we stop at the City Meat Market in Brownnton en route home.

Code: 9478

Fee: \$49

Register or Cancel By: Mon, Oct 19

Pick-ups Begin: 8:40 a.m.

Approx Return: 4:15 p.m.

Holiday Homes Tour Saturday, December 12

We arrive at the Kanabee History Center for refreshments and time to shop the arts and crafts boutique and bake sale that supports the Center. Then off to the Mora community to tour the holiday decorated private homes selected for this annual event. A Broasted Chicken lunch, hosted by Kent and Jana Lilyard at the beautifully decorated Eagle Ridge Lodge on the Knife River, will be served before resuming the home tour and returning to Golden Valley.

NOTE: Some homes may have steps and will not be handicapped accessible.

Code: 9896

Fee: \$59

Register or Cancel By: Mon, Nov 16

Pick-ups Begin: 8:00 a.m.

Approx Return: 5:30 p.m.

"Away in the Basement" at Plymouth Playhouse

Tuesday, December 15

It's 1959 and the day of the Sunday School Christmas Program. As the children rehearse upstairs, the Church Basement Ladies are finishing up the goodie bags and putting final touches on the nativity pieces. Little do they know what surprises are in store for them as they are called upon to, once again, step in and save the day. A chicken dinner buffet will take place prior to the play.

Code: 9893

Fee: \$50

Register or Cancel By: Wed, Nov 25

Pick-ups Begin: 11:15 a.m.

Approx Return: 3:30 p.m.

Holiday Showtime in Wisconsin

Thursday-Friday, December 3-4

Day 1: Stop for coffee and rolls en route to Wisconsin. Have lunch before arriving in Madison, WI. to visit the Governor's Mansion* decorated for the Christmas season. Continue to Ft. Atkinson for lodging at the Holiday Inn Express. Spend the evening at The Fireside Dinner Theater. Enjoy the Thursday Evening Signature Buffet with a fabulous array of entrées, salads and desserts. The performance is the *Miracle on 34th Street Musical - Here's Love*, by Meredith Wilson, a musical version of *Miracle on 34th Street*. (C,L,D)

*The Governor's office will decide in the fall if and when the mansion will be open for tours. An alternate tour will be substituted if the mansion is not available.



Day 2: Have a light breakfast at the hotel then travel to Prairie Du Chien. Discover life on the Victorian Country Estate - Villa Louis, where December heralds the annual Christmas Holidays celebration. Holiday tours showcase seasonal decorations, traditions and treasures from the Villa Louis collections. Villa Louis exudes an ambience of time past – of leisure, elegance and style. Have lunch after the tour and return home at 7:00 p.m. (C,L)

Cancellation: If you cancel after 10/19/09, payments are non-refundable because of prepaid reservations and admissions.

Code: 9479

Cost: \$375/person (2 per room), \$450/person (single room)

Deposit: \$100 due by Oct 19

Final Payment: Mon, Nov 2

Insurance: Cancellation insurance is available for \$30/person

Senior Special Destination Trips with Five Cities Transportation 763-531-1259

Bus pick-ups available in each city. All costs are on your own. The Five Cities fare for the Special Destination trips is \$7 cash or two punches from a pass card. Pass cards are available from the drivers for the cost of \$14/4 ride pass and \$28/8 ride pass.



Brunch Bunch

Join us as we lunch together at a local restaurant on the fourth Tuesday of the month. Call Five Cities for exact bus pick up times and locations.

Tuesday, September 22

Dock Café in Stillwater. Registration begins Sep 1.

Tuesday, October 27

Cecil's Deli in St. Paul. Registration begins Oct 1.

Tuesday, November 24

Ruby's Red Eye Grill. Registration begins Oct 30.

Forum & the Fork

Westminster Presbyterian Church hosts the forums with speakers and topics of current interest. We will be going to lunch after the forum (cost on your own). Register at least one week in advance. Bus leaves Golden Valley City Hall at 11:00 a.m.

Thursday, November 19

Sarah Chayes, a former reporter who covered the fall of the Taliban for NPR and now resides in Afghanistan.

Nature of Things

Friday, October 2

Titanica Film and Exhibition at the Science Museum

Bus leaves Golden Valley City Hall at 10:00 a.m. and returns around 3:30 p.m.



We start the day with the film *Titanica*, a non-fiction drama which tells the story of the 1991 expedition to the wreck of the *Titanic*. Viewers experience deep sea exploration through the international expedition team and see a tale of history, science, and human ambition. Lunch is on your own at the Elements Café. After lunch, we will participate in the timed entrance of the exhibition. Visitors are drawn back in time to 1912 upon entrance, as each receives a replica boarding pass of an actual passenger to begin their chronological journey through the life of the *Titanic*. In the "Memorial Gallery" guests will take their boarding pass to the memorial wall and learn if their passenger and traveling companions survived or perished. Cost is \$22 for admission to the *Titanica* film, *Titanic* Exhibition, and all regular exhibits in addition to the Five Cities fare. Lunch is on your own.

Register with New Hope Recreation by phone with a credit card at 763-531-5151 or by mail with at check to 4401 Xylon Ave N, New Hope MN 55428. Last day to register or cancel is September 24, 2009



Seniors in Mind

Hosted by the Minnesota History Center. If you wish to tour the exhibits after the program, admission is \$8. Lunch at Café Minnesota following the program (cost on your own). Bus leaves Golden Valley City Hall at 9:35 a.m. and returns at 2:30 p.m. Special destination fare applies.

Tuesday, November 10

The Amazing Dr. Franklin as portrayed by Shawn Hoffman

In conjunction with the History Center's new exhibit, *Benjamin Franklin: In Search of a Better World*, actor Shawn Hoffman portrays this remarkable man who was one of the most influential Americans of any generation. Mr. Franklin will demonstrate the general principles of static electricity and expound on his inventions, theories and his commitment to public service. Dr. David J. Rhees, Executive Director of the Bakken Museum, will provide a special introduction to this electrifying program.

Vivace! Afternoon Concert Series

Join us for a FREE concert followed by lunch at a local restaurant (cost on your own). Bus leaves Golden Valley City Hall at 11:00 a.m. and returns around 2:30 p.m. for each outing.

Thursday, October 22

Concert at the Landmark Center, lunch at Anita's.

Senior Community Information

Five Cities Senior Transportation Program 763-531-1259

Provides rides from your home or apartment to grocery stores, Target, Wal-Mart, social outings, and senior events.

FOR INFORMATION: Call the Five Cities office Mon-Fri, 8 a.m.-3 p.m. A bi-monthly schedule with the days and destinations will be mailed to you.

TO MAKE A RESERVATION: Find your day and trip on the schedule and make a reservation, at least 24 hours in advance. Let the staff know if you use a walker, cane or wheelchair.

TRIP DAY: Be ready for the bus at the scheduled time. If you want assistance boarding or exiting the bus or need to use the lift, please ask the driver to help you. The vehicles are lift equipped for persons in wheelchairs or those who have difficulty negotiating steps.

FARE: The suggested fares are \$4 cash or \$3.50 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28. Pay the driver with cash or check made payable to "First Transit."

PRISM Express 763-529-1252

Curb-to-curb transportation service to residents of Golden Valley. Donation of \$5 per round trip is suggested. Call for information or to schedule a ride at least three working days in advance, Mon-Fri, 9 a.m.-3 p.m.

Senior Dining 763-545-5659

Delicious noon meals at Calvary Church for seniors age 60+. The meals are tasty and eating with friends is what makes this a great program. A donation of \$3.25 is requested, but no one will be denied a meal. Call from 8:30-11:30 a.m. for reservations and a menu.

Dinner At Your Door 763-531-1183

Volunteer drivers deliver delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 9:30-11:30 a.m. for information and menus.

HOME Northwest 763-450-4311

Household chore and maintenance services for seniors age 60 and older. The program matches skilled workers with those who need help with yard clean-up, cleaning windows, house cleaning and minor house repairs.

Widowed Support Group

Meets every Saturday at 2:00 p.m. at the New Hope Country Kitchen, 42nd and Winnetka, and on the first Thursday of the month at 1:30 p.m. at Evans Nordby Funeral Home on 60th and Brooklyn Boulevard. New people are always welcome!

North Memorial Group for Widowed 763-520-4834

The first Monday of every month North Memorial, through its hospice program, offers a lunch gathering for those who have been widowed two years or less. Call for information and/or to make a reservation.

LinkVet – New Hotline for Veterans

1-888-546-5838

This toll-free hotline provides referrals, crisis intervention and counseling for veterans and their families 24 hours a day, seven days a week.

Senior Linkage Line

1-800-333-2433

Call us first with your questions. Trained staff and volunteers have access to local, state and national information. If they cannot answer your question, they will find the number of someone who can.



Senior Events at the Golden Valley Library

The following programs will be held at the Golden Valley Library located at 830 Winnetka Ave. N.

Author Talk: Patricia Hamp **Wed, September 16 - 6:30 p.m.**

This award-winning Minnesota author will read from her latest book, a memoir titled "The Florist's Daughter". She will also share selections from earlier works ("Blue Arabesque", "A Romantic Education", "Spillville", "Virgin Time", etc.) and discuss works-in-progress. Books available for purchase and signing.

Senior Surf Day **Thu, October 8 - 9:00-11:00 a.m.**

Get hands-on computer experience from representatives of the Senior LinkAge Line®. Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Register online at www.hclib.org or call 952-847-5475.

Brookview Community Center

Host Your Next Special Gathering at Brookview

Nestled in the tranquil setting off Brookview Golf Course, the Brookview Community Center offers space year-round for gatherings of up to 200 people. It is available for rent by individuals, businesses or community groups. If you plan to serve alcoholic beverages, service must be provided by our beverage service, Complete Beverage. All food must come from a licensed caterer.



Parties and/or social events with under 75 people may rent the facility at an hourly rate, for a maximum of 5 hours. Reservations can be made 3 months in advance. Groups with more than 75 people will be charged a flat rate which allows up to 12 hours of use. For parties and/or social events, we require a \$500 refundable damage/policy compliance deposit. Private industries and/or commercial users may also use the facility at an hourly rate.

To make a reservation, you must submit an application along with a \$200 deposit, which will be applied to the rental fees. For a complete rental packet, visit our website at: www.ci.golden-valley.mn.us or call the Recreation office.

Brookview Grill

The Grill's warm and comfortable atmosphere make it a perfect setting for business retreats, training seminars, meetings or private gatherings, such as receptions, showers, holiday, birthday or retirement parties. The view from the Grill's wall of windows is spectacular in any season, overlooking the fairways and greens of one of the Twin Cities most beautiful golf courses. Its tranquil setting and pleasant ambiance is enhanced by its convenient central location, west of Winnetka Avenue, between I-394 and Hwy 55.

Brookview Grill also offers a variety of services, including beverage service and limited catering. Food service includes continental breakfast, box lunches, appetizers, desserts and beverages.

For more information about the Brookview Grill and rental opportunities, contact the Brookview Golf Course administrative office at 763-512-2305.

Capacity: 70 people

Rental Fee: \$25 per hour for Golden Valley residents or organizations; \$35 per hour for non-residents; and \$45 per hour for businesses, plus set-up and clean-up charges.

Availability: Mid-November thru Mid-March. Reservations can be made up to 12 months in advance.

Services: Limited catering; customized room set-ups.

Details: Licensed caterer required; Hot or cold non-alcoholic beverages and 3.2 beer MUST be purchased from the Grill. All other service of hard liquor must be provided by the City's contracted beverage provider.

Brookview Park Picnic Shelters

Groups and individuals may plan neighborhood, family or company picnics at the Brookview Recreation Complex (southwest corner of Hwy 55 & Winnetka Ave).



Reservations

Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard.

Times Available

11:00 a.m.-4:00 p.m. and/or
5:00 p.m.-Dusk. Dates are available beginning mid-April through the first week of October.

Fees

Large Shelter

Holds up to 100 people
Resident - \$85 Non-Resident - \$95

Small Shelter

Holds up to 50 people
Resident - \$70 Non-Resident - \$80

Serving beer or wine?

A permit fee of \$10 is due and payable at the time of reservation.

Equipment

Picnic play equipment is available for rent. Reserve equipment three days in advance, and return within 72 hours after check-out. Call Recreation office for available equipment and fees.



General Information

Facilities used for Recreation Programs

Brookview Community Center, Crystal Community Center, Sandburg Middle School, Noble Elementary, Meadowbrook Elementary/Davis Community Center, Doyles Bowling Alley, MN Center for Arts Education. These facilities are handicap accessible. Every effort will be made to accommodate interpretive services if requests are made at time of registration. Requests for interpretive services or printed information can be made by calling 763-512-2345 or TTY 763-593-3968.

Adopt-A-Park

Adopt-A-Park is a public service program for volunteers to assist the City in keeping parks beautiful. Adopt-A-Park is open to community groups, civic organizations, churches and individuals for a minimum of two years. For information, please call Park and Recreation at 763-512-2345.

Special thanks to our many faithful volunteers!

Golden Valley Orchestra

The Golden Valley Orchestra provides the opportunity for adults and students to play quality music in an enthusiastic community orchestra. There are openings in all sections: strings, woodwinds, brass and percussion. The setting is non-intimidating and there are no auditions. Rehearsals are held Monday evenings at 7:00 p.m. in the Brookview Community Center, 200 Brookview Parkway. For more information, call Margaret at 763-541-9251.



Registration Information

Registrations are taken at Brookview Community Center
200 Brookview Parkway
Golden Valley, Minnesota 55426



On-line

www.ci.golden-valley.mn.us
With VISA or MasterCard
and your PIN & Barcode



In Person

Accepted at Brookview Community Center during business hours.



Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, MN 55426



Fax 763-512-2344

Available only for VISA or MasterCard payments. Fax registrations 24 hours a day.



Phone 763-512-2345

With VISA or MasterCard during business hours. Please have your card ready.

Make checks payable to:
City of Golden Valley

Registration Begins
Thursday, August 20

Registrations received prior to the registration start date do not get opened or processed any earlier. They will be processed randomly as time allows after the registration start date.

Confirmation of Registration

If you register in person you may ask for a receipt. Confirmations will not be mailed for registrations by mail, phone or fax. You will be contacted only if the program is full, cancelled or a program change is necessary.

Refunds & Cancellations

Refunds will be issued for registrations cancelled prior to the start of the class. Classes may be cancelled or combined if minimum numbers are not met.

Trip Refunds

No refunds will be issued after the registration deadline for trips involving the advance purchase by the city for tickets and transportation.

Inclusion Requests

Be sure to state that you have a disability or a need for inclusion services at the time of registration. Please register at least two weeks prior to a program start date to allow adequate time for inclusion services.



REGISTER ONLINE!

www.ci.golden-valley.mn.us

Stop into Brookview Community Center or call us today to get your household Barcode and PIN numbers to take advantage of the 24/7 convenience of registering online for all your favorite classes.

GV RecConnect

ACTIVITY REGISTRATION FORM

200 Brookview Parkway • Golden Valley • Minnesota • 55426
 Phone: 763-512-2345 • Fax: 763-512-2344
www.ci.golden-valley.mn.us

Parent/Guardian (if under 18): _____ Home Phone: _____
 Address: _____ Work Phone: _____
 City: _____ State: _____ Zip: _____ Cell Phone: _____
 E-mail: _____
 Emergency Contact Name & Phone (if different from above): _____
 Special Needs, Disabilities, or Allergies that we should be aware of: _____

ACTIVITY REGISTRATION

Participant's Name	M/F	D.O.B	Grade	Activity Name	Activity Code	Date(s)	Day(s)	Time	Site	FEE

55+ SENIOR TRIP REGISTRATION

Participant's Name	Trip Name	Trip Code	Date(s)	Pick-up Site	Special Requests	Travel Companion/ Roommate Name	FEE

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY
 In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:

() Cash () Check # _____
 () VISA () MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment: _____

TOTAL DUE: _____

OFFICE USE ONLY

Fee Paid: _____

Date: _____

Rec'd By: _____

CC app. #: _____

Adopt-A-Park

Community Parks

Brookview 200 Brookview Pkwy N
Mom's Club

Gearty 3101 Regent Ave N
Retired Volunteers

Hampshire 1610 Louisiana Ave N
OptumHealth

Lakeview 1521 Hillsboro Ave N
John & Pam Goranson
& Barb Osborne

Lions 151 Louisiana Ave N
Jan Motari

Medley 2331 Ensign Ave N
Golden Valley Federated
Women's Club

Schaper 631 Ottawa Ave N
Golden Valley Police Reserves

Scheid 1856 Toledo Ave N
Cub Scout Pack 350

Wesley (north) 8305 Wesley Dr
Moore/Gasparini Families

Wesley (south) Plymouth Ave & Orkla
Jack Stratton

Neighborhood Parks

Glenview 2351 Zenith Ave N
Elephant Park Book Group

Golden Oaks 1141 Valders Ave N
Kim Stroup, Bursch/Mackey Families

Natchez 201 Natchez Ave N
Hanscom & Dritsas Families

North Tyrol 900 Westwood Dr S
WSB & Associates Inc.

Seeman 1101 Florida Ave N
Northwest Suburban Optimist Club

South Tyrol 1501 Kaltern Ln
Allianz

St. Croix 5850 St. Croix Ave N
Covenant Village

Stockman 3300 Major Ave N
Thompson Family

Sweeney Lake
Hidden Lakes Association

Wildwood 7401 Duluth St
Robertson Family

Yosemite 351 Yosemite Ave N
Geving & Palkert Families

Special Use Facilities

Brookview Golf Course
200 Brookview Parkway

Honeywell Little League Area
7101 Sandburg Rd

Nature Areas

Adeline (south end of Adeline Ln)
Mike McHugh - State Farm Insurance

Bassett Creek (north of Duluth)
2130 Zane Ave N
AJASA Technologies, Inc.

Bassett Creek (south of Duluth)
Covenant Village

Bassett Creek (west of Wisconsin)
ATS&R Architects & Engineers

Briarwood 2500 Unity Ave
Girl Scout Troops 2316 & 1670

**General Mills Headquarters
Nature Preserve**
9201 Olson Memorial Hwy
GMI Grounds Crew

General Mills Research Nature Area
The Gannon's

Laurel Ave (east of Florida)
Laurel & Jersey
Golden Valley Lutheran Church

Laurel Ave (west of Florida to Jersey)
John & Pam Goranson
& Barb Osborne

**Laurel Ave
(west of Jersey to Pennsylvania)**
Jerry & Joan Monson

Mary Hills
Golden Valley Rd & Bonnie Ln
John & Pam Goranson
& Barb Osborne

Pennsylvania Woods
2301 Rhode Island Ave N
Green Party of Senate District 44/45

Rice Lake 4120 Bassett Creek Dr
Blair Tremere

Western Ave Western & Winnetka
Ilo & Peggy Leppik



City Information

Golden Valley City Hall

Mayor Linda Loomis
City Manager Tom Burt

Council Members: Mike Freiberg,
Paula Pentel, DeDe Scanlon and
Bob Shaffer.

Council meets the 1st and 3rd Tuesday of
each month at 6:30 p.m. at the Golden
Valley Civic Center.

Open Space & Recreation Commission

Chair Jerry Sandler
Vice-Chair Jim Vaughan

Members: Roger Bergman,
Ken Graves, Kelly Kuebelbeck,
Bob Mattison, Emily Piper and
Anne Saffert.

Commission meets the 4th Monday of
each month at 7:00 p.m. at Brookview
Community Center.

Parks & Recreation Staff

Rick Jacobson
Director of Parks & Recreation

Brian Erickson
Recreation Supervisor

Andy Soltvedt
Recreation Supervisor

Jeanne Fackler
Senior Citizens Coordinator

Sheila Van Sloun
Administrative Assistant

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Ron Hammer
Park Maintenance Supervisor

Brookview Golf Staff

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

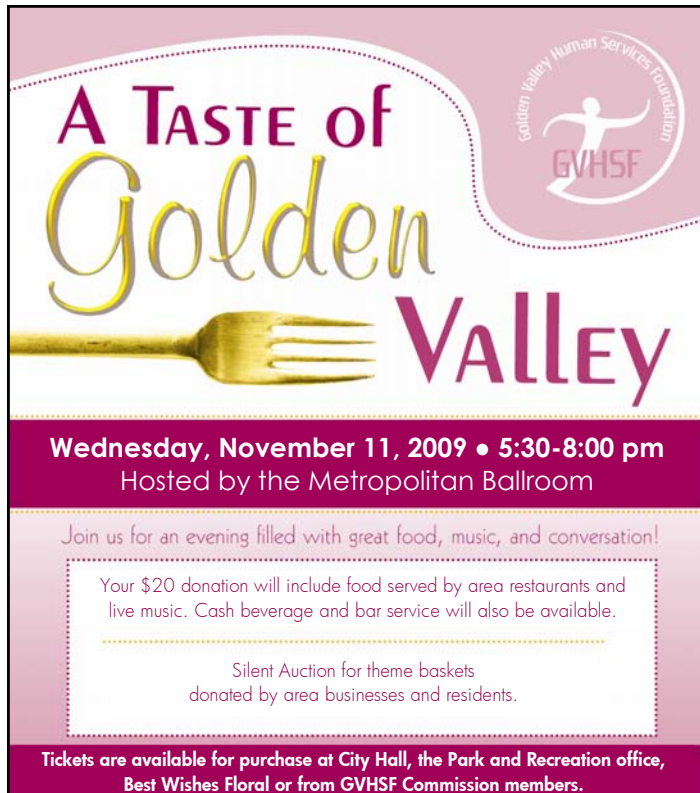
Greg Spencer
Greens Superintendent

Golden Valley Park & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426-1364
763-512-2345

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Mpls., MN

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A Taste of Golden Valley

Golden Valley Human Services Foundation
GVHSF

Wednesday, November 11, 2009 • 5:30-8:00 pm
Hosted by the Metropolitan Ballroom

Join us for an evening filled with great food, music, and conversation!

Your \$20 donation will include food served by area restaurants and live music. Cash beverage and bar service will also be available.

Silent Auction for theme baskets donated by area businesses and residents.

Tickets are available for purchase at City Hall, the Park and Recreation office, Best Wishes Floral or from GVHSF Commission members.



City of Golden Valley
HELP WANTED

- Warming House Attendants
- Youth Soccer Referees

Call today for an application
763-512-2345



BROOKVIEW GOLF COURSE

Is open for great fall golfing!

Call 763-512-2300 for more information.



Golden Valley Golf Classic

Friday, September 18, 2009
8:00 a.m. Shotgun

\$300 per foursome before September 16
or \$350 after September 16
or Sponsorship
*Tournament Special: Two foursome for \$500
(must submit registrations together)*

Remit Payment by check to:
Golden Valley Human Services Foundation
Attn: Jeanne Fackler
City of Golden Valley
200 Brookview Parkway
Golden Valley, MN 55426
763-512-2340

Benefits the Golden Valley Human Services Foundation